



RECREATION DEPARTMENT

The Heart of the Neighborhood

Call for more information (619) 691-5086



WALK TOWARD FITNESS*

COME JOIN US AT THE BEAUTIFUL **J STREET MARINA**,
WHERE PARTICIPANTS WILL LEARN TO INCREASE THEIR:

- **STAMINA**
- **LONGEVITY**
- **INDEPENDENCE**
- **MOBILITY**
- **ENERGY**
- **AND LEARN TO USE A PEDOMETER!**

CLASS SIZE IS LIMITED; SIGN UP IN ADVANCE

* MUST BE ABLE TO WALK NON-STOP FOR 10 MINUTES

THE PROGRAM IS SUPPORTED BY A GRANT FROM
SCRIPPS HEALTH

